

## Winter Handicap Run 12- 19 March 2025

What a race we had tonight with the main protagonists all lining up for a make or break effort to shake up the final 3 top places. Carol had it all to lose with Martin, Morag and Jim all within touching distance of the podium.

Thanks to Alison and Dru for handling the start and recording the finish and for calculating the final positions on the finish line. Not to mention the chocolate treats for all the runners.

The greatest pressure was on Carol who needed to score at least 3 points to remain in top spot with Morag and Jim needing a maximum 10 points to draw level. Morag having ran her best time for a couple of years in the last race left herself with a tougher handicap to contend with than she would have liked.

It seems like most runners had saved their best for the finale as no less than 9 out of the 12 finishers bettered their handicap times. It was perhaps the best racing conditions of the whole winter.

There was no easy racing tonight with the excitement really building as the first runners appeared to start the Kirkton Road loop and the final push to the finish. In particular, Jim and Morag were racing head to head by this point with Carol and Martin in hot pursuit. Morag finally got the better of Jim as they reached the steeper last section of Kirkton. Martin passed both of them on the run down Strichen Road and Morag knew she just had to keep on his tail as best as she could to hold off Jim. Meanwhile Carol was doing what she needed and got a little bit of a push on as Dash whooshed past her down the Slip road. In the end she did enough to secure the 3 points that kept her on top. Martin took a well deserved 10 points with Morag 9 points and Jim 8 points for perhaps the closest finish the Winter in some years.

Final league totals were Carol- 53pts, Morag- 52 pts and Jim -51 pts. Martin was just outside the podium in 4th with 49 pts.

The leading three Age graded% were Carol (81.37%), Lisa (81.10%) and Dash (79.03%).

So after 12 races the Age Graded table is led by Robbie, Carol and Lisa. But the Age graded competition will continue to cover the forthcoming Summer season. So still time for some changes and for someone to put the pressure on Robbie

Summer 1 will take place on Wednesday 9 April from Dunes/Golf Club car park as usual with the clock starting at 6:00pm. Hopefully it won't be interrupted by the wet monsoon rains we were subject too last year.

The spring and early summer racing season is now underway but if you want to look further ahead to plan this years racing take a browse through the runABC race calendar on the following link:

<https://runabc.co.uk/> . It may open on the "North" Tab so make sure you select the "Scotland " Tab for more local racing.

Check the Club website for more info <https://www.fraserburghrunningclub.co.uk>  
**Slowcoach.**

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB	World Std Time
19/03/2025	<b>12</b>	TIME	<b>56'55"</b>				%	Per Mile	per Km		19/03/2025
<b>MARTIN WATT</b>	<b>19:15</b>	<b>35:58</b>	55:13	1	10		69.56	6:40	4:08	36:12	25:01
<b>MORAG THOMPSON</b>	12:40	42:37	55:17	2	9		68.99	7:54	4:54	39:06	29:24
<b>JIM BOWIE</b>	13:15	42:21	55:36	3	8		73.36	7:51	4:52	37:19	31:04
<b>GREG BRUCE</b>	15:50	39:46	55:36	4	7		60.56	7:22	4:35	38:38	24:05
<b>LISA ALLAN</b>	20:35	35:27	56:02	5	6		81.10	6:34	4:05	34:13	28:45
<b>DUNCAN ABERNETHY</b>	17:00	39:09	56:09	6	5		69.90	7:15	4:30	34:53	27:22
<b>DASH</b>	23:00	<b>33:13</b>	56:13	7	4		79.03	6:09	3:49	<b>33:53</b>	26:15
<b>CAROL MASSIE</b>	14:35	41:52	56:27	8	3		81.37	7:45	4:49	37:16	34:04
<b>GRAEME CLARK</b>	08:15	48:43	56:58	9	2		64.49	9:01	5:36	35:17	31:25
<b>SHAUN PIRIE</b>	20:05	37:25	57:30	10	1		62.94	6:56	4:18	35:25	23:33
<b>PETER HALL</b>	18:00	40:16	58:16	11			70.99	7:27	4:38	34:20	28:35
<b>CHARLIE NOBLE</b>	06:35	53:55	00:30	12			61.51	9:59	6:12	37:29	33:10